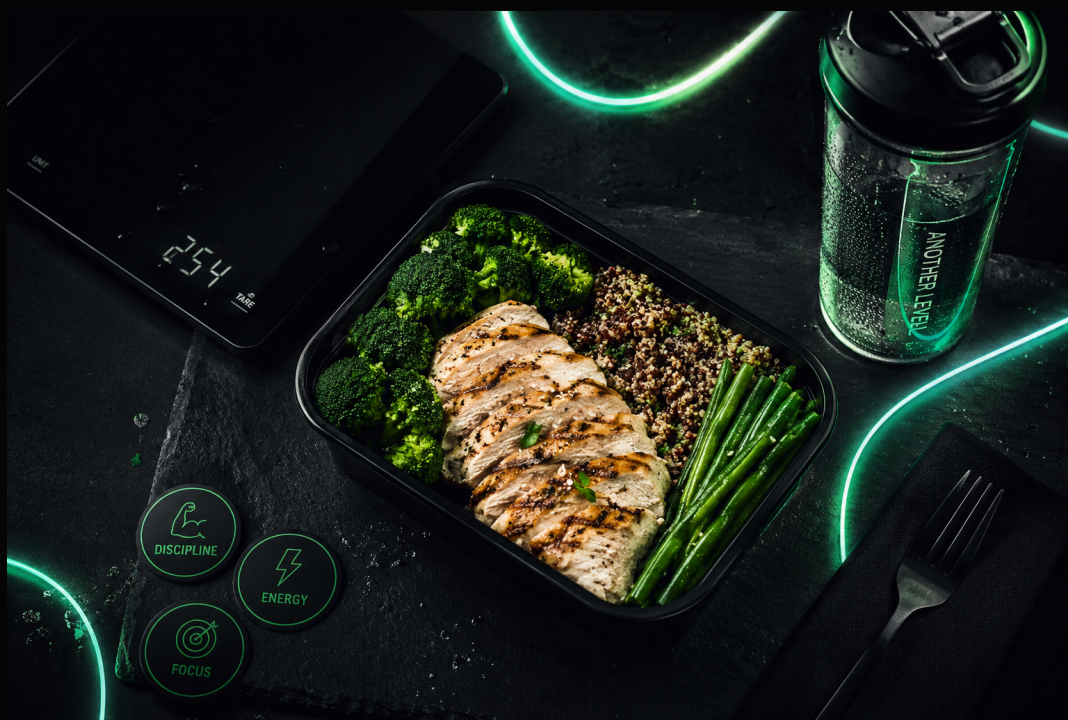


SUN FITNESS PROTOCOL

THE NUTRITION BLUEPRINT

A comprehensive guide to fueling your body for maximum hypertrophy, endurance, and fat loss.



01. MACRONUTRIENTS



01. PROTEIN OPTIMIZATION

Protein is the primary building block for muscle repair and growth. Without adequate protein, the micro-tears created during intense training cannot be effectively rebuilt, leading to stalled progress.

Target 1.8 - 2.2 grams of protein per kg of body weight. Distribute intake evenly across 4 to 5 meals (roughly 30-40g per meal) to keep your body in a continuous state of anabolism.

Prioritize high-bioavailability sources:

- Lean Chicken Breast & Turkey
- Whole Eggs & Egg Whites
- Grass-fed Whey Isolate
- Plant Blend (Pea + Rice Protein)

02. COMPLEX CARBOHYDRATES & PRE-WORKOUT FUEL

Your pre-workout nutrition dictates the intensity and volume you can achieve during your session. Training in a depleted state limits your maximum power output and accelerates central nervous system fatigue.

Timing is critical. Two to three hours before stepping onto the gym floor, consume a balanced meal rich in complex carbohydrates (like oats, brown rice, or sweet potatoes) and a moderate amount of lean protein. This fills your intramuscular glycogen stores.

As you approach your workout (30-45 minutes prior), switch to fast-digesting, simple carbohydrates (like a banana or rice cakes) combined with a performance ergogenic. We recommend 150-200mg of caffeine to lower your rate of perceived exertion, along with 6-8g of L-Citrulline to enhance blood flow and nutrient delivery.

02. RECOVERY & SUPPLEMENTATION

03. HYDRATION & MICRONUTRIENTS

Hydration is often the most overlooked aspect of athletic performance. Muscle tissue is comprised of over 70% water. Even a mild 2% drop in total body hydration can reduce physical performance and strength output by up to 20%.

Your baseline intake should sit between 3 to 4 liters of water daily. On training days, this must be aggressively scaled. Consume an additional 500ml to 1 liter for every hour of intense physical exertion. Drinking plain water is not enough. Intense sweating depletes crucial electrolytes. You must actively replenish sodium, potassium, and magnesium during and after your workouts to ensure optimal muscular contraction and prevent cramping.



04. ESSENTIAL SUPPLEMENTATION

While whole foods are the foundation, supplements provide precision and convenience.

CREATINE MONOHYDRATE:

5g daily. Saturates ATP stores for explosive power.

OMEGA-3 FATTY ACIDS:

2-3g daily. Reduces joint inflammation and supports heart health.

VITAMIN D3 & ZINC:

Critical for natural testosterone production and immune system function.

TRAINING IS ONLY THE STIMULUS. REAL GROWTH HAPPENS IN THE KITCHEN.